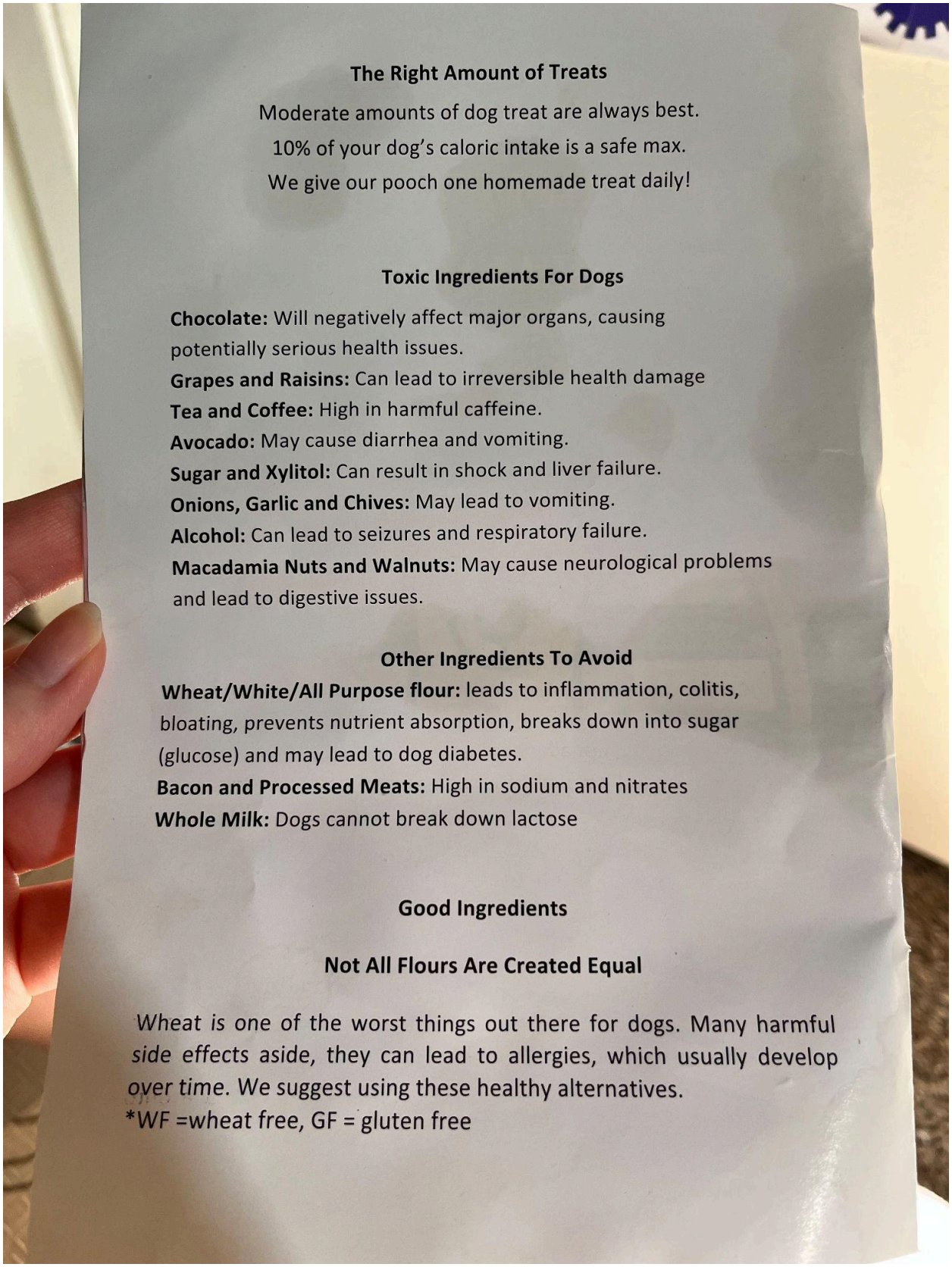
YOUR GUIDE
TO TASTY HOMEMADE TREATS
FOR A HEALTHY POOCH
Le Dogue



The Right Amount of Treats

Moderate amounts of dog treat are always best.

10% of your dog's caloric intake is a safe max.

We give our pooch one homemade treat daily!

Toxic Ingredients For Dogs

Chocolate: Will negatively affect major organs, causing potentially serious health issues.

Grapes and Raisins: Can lead to irreversible health damage

Tea and Coffee: High in harmful caffeine.

Avocado: May cause diarrhea and vomiting.

Sugar and Xylitol: Can result in shock and liver failure.

Onions, Garlic and Chives: May lead to vomiting.

Alcohol: Can lead to seizures and respiratory failure.

Macadamia Nuts and Walnuts: May cause neurological problems and lead to digestive issues.

Other Ingredients To Avoid

Wheat/White/All Purpose flour: leads to inflammation, colitis, bloating, prevents nutrient absorption, breaks down into sugar (glucose) and may lead to dog diabetes.

Bacon and Processed Meats: High in sodium and nitrates

Whole Milk: Dogs cannot break down lactose

Good Ingredients

Not All Flours Are Created Equal

Wheat is one of the worst things out there for dogs. Many harmful side effects aside, they can lead to allergies, which usually develop over time. We suggest using these healthy alternatives.

*WF =wheat free, GF = gluten free

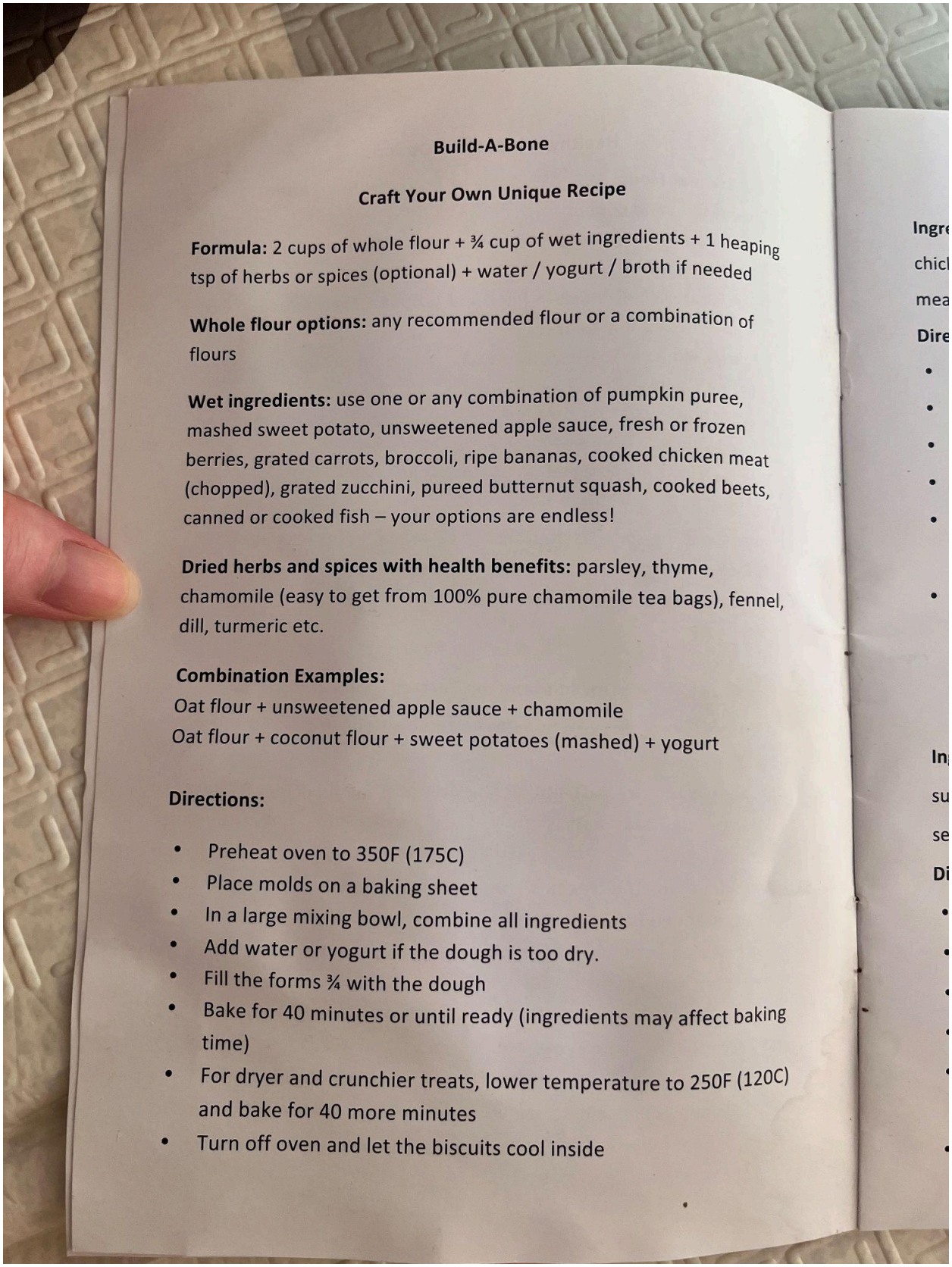
Healthy Whole Flour Options

- **Buckwheat Flour:** WF, GF, excellent source of fiber, antioxidants, magnesium and copper
- **Oat Flour:** WF, great source of protein, fiber and helps lower cholesterol
- **Rice Flour:** WF, GF, rich in fiber and protein. Excellent source of vitamin B3 and manganese
- **Quinoa Flour:** WF, GF, consists of a complete protein that gives your dog all the essential amino acids.
- **Barley Flour:** WF, this non-wheat flour contains gluten, is rich in fiber and low in starch and calories
- **Coconut Flour:** WF, GF, fiber rich. When using it, you might have to add more liquid or fat to maintain an ideal texture. Highly absorbent, so use ¼ as much as typical wheat flours when baking
- **Almond Flour:** WF, GF, high in good fats, protein and a vitamin B
- **Chickpea Flour:** WF, GF, very high in fiber

Before You Bake

Tips to Make the Perfect Treats

- If dough is too sticky to handle, add more flour or place it in fridge for 15 minutes
- If dough is too dry, just add more water or yogurt, 1 tsp at a time
- Baking times may vary slightly due to oven types and strengths, humidity levels in your home or ingredients you use
- Any flour in the recipes can be substituted for any of the recommended flours
- For dryer and crunchier treats, lower temperature to 250F when the treats are done and bake for an additional 20 minutes
- We created recipes that don't contain harmful chemicals or preservatives to keep your treats "fresh", so please refrigerate or freeze the leftovers and use them promptly.
- Our silicone is flexible to allow for easy treat removal, place onto baking sheet when baking or freezing



Build-A-Bone

Craft Your Own Unique Recipe

Formula: 2 cups of whole flour + ¾ cup of wet ingredients + 1 heaping tsp of herbs or spices (optional) + water / yogurt / broth if needed

Whole flour options: any recommended flour or a combination of flours

Wet ingredients: use one or any combination of pumpkin puree, mashed sweet potato, unsweetened apple sauce, fresh or frozen berries, grated carrots, broccoli, ripe bananas, cooked chicken meat (chopped), grated zucchini, pureed butternut squash, cooked beets, canned or cooked fish – your options are endless!

Dried herbs and spices with health benefits: parsley, thyme, chamomile (easy to get from 100% pure chamomile tea bags), fennel, dill, turmeric etc.

Combination Examples:
Oat flour + unsweetened apple sauce + chamomile
Oat flour + coconut flour + sweet potatoes (mashed) + yogurt

Directions:

- Preheat oven to 350F (175C)
- Place molds on a baking sheet
- In a large mixing bowl, combine all ingredients
- Add water or yogurt if the dough is too dry.
- Fill the forms ¾ with the dough
- Bake for 40 minutes or until ready (ingredients may affect baking time)
- For dryer and crunchier treats, lower temperature to 250F (120C) and bake for 40 more minutes
- Turn off oven and let the biscuits cool inside

Slammin' Salmon Dog Treats

Ingredients (fills two molds): 1 can (4 oz) of salmon, 1 egg, 1 cup chickpea flour, 2 ½ Tbsp. olive oil, 2 Tbsp. chia seeds, ¼ cup flax seed meal, ⅓ cup of water

Directions:

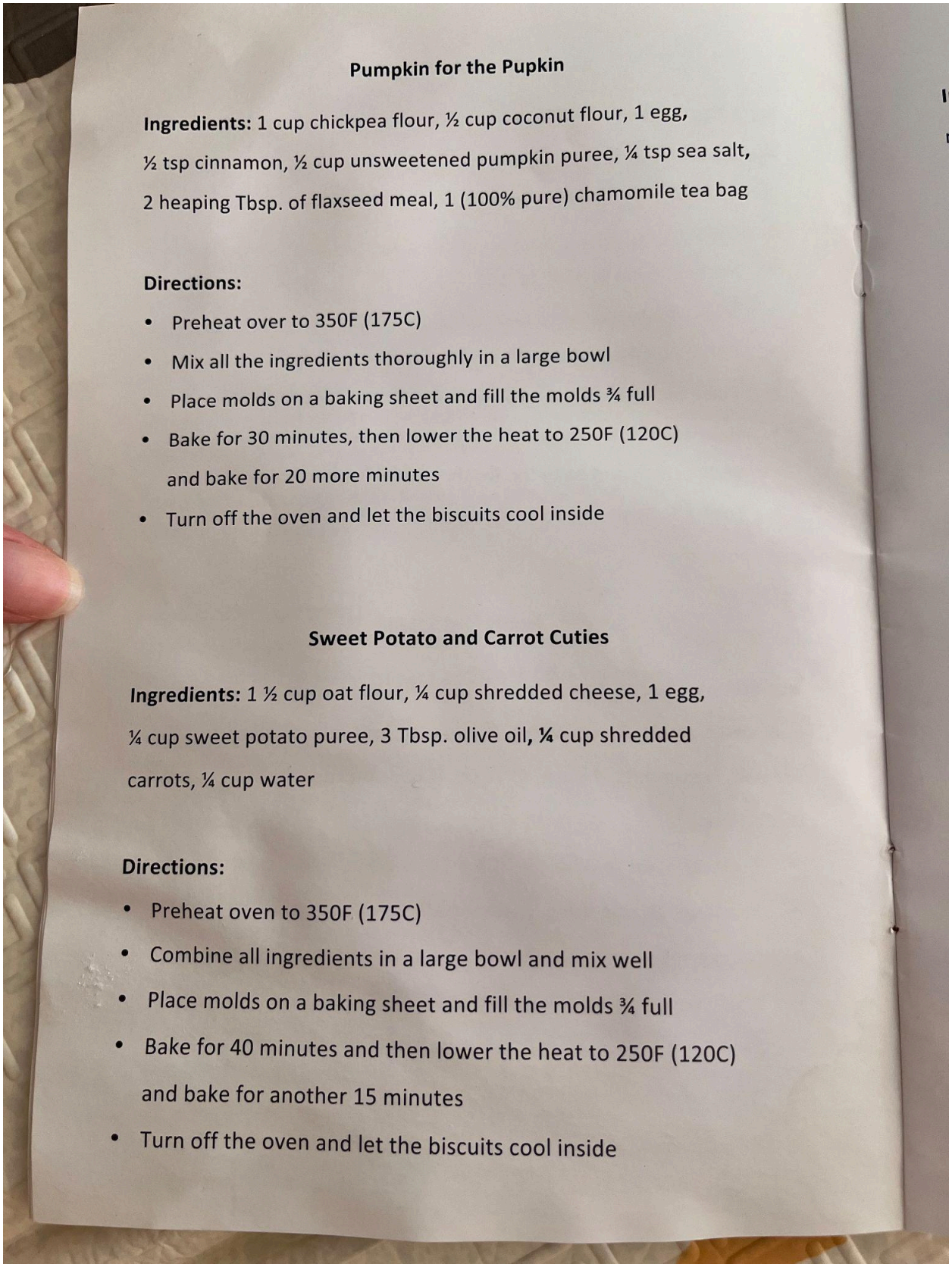
- Preheat oven to 350F (175C)
- Soak chia seeds in ⅓ cup of water for 10 minutes
- Combine all ingredients in a large bowl
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 40 minutes at 350F and then lower the heat to 250F (120C) and bake for another 20 minutes
- Turn off the oven and let the biscuits cool inside

Seedy Dog Treaty

Ingredients: ¼ cup chia seeds, 2 Tbsp. flaxseed meal, ¼ cup unsalted sunflower seeds, 1 cup water, ¼ cup unsalted pumpkin seeds, 1⁄3 tsp sea salt, ¼ cup oats, 4 Tbsp. olive oil, ¼ cup chickpea flour

Directions:

- Preheat oven to 350F (175C)
- In a large mixing bowl, combine all ingredients and mix well
- Let the mixture sit for 30 minutes at room temperature
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 40 minutes at 350F and then lower the heat to 250F (120C) and bake for another 20 minutes
- Turn off the oven and let the biscuits cool inside



Pumpkin for the Pupkin

Ingredients: 1 cup chickpea flour, ½ cup coconut flour, 1 egg, ½ tsp cinnamon, ½ cup unsweetened pumpkin puree, ¼ tsp sea salt, 2 heaping Tbsp. of flaxseed meal, 1 (100% pure) chamomile tea bag

Directions:

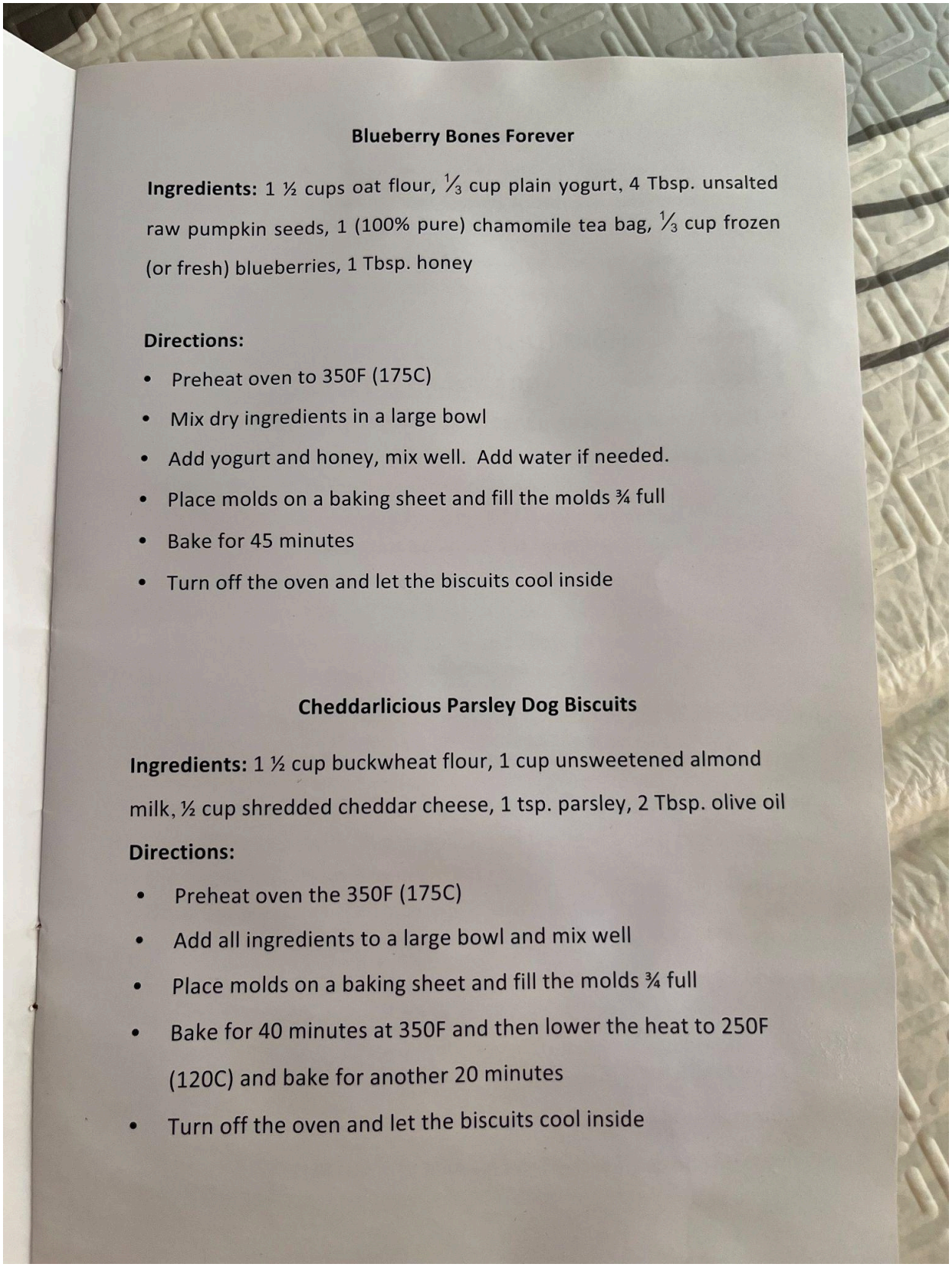
- Preheat over to 350F (175C)
- Mix all the ingredients thoroughly in a large bowl
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 30 minutes, then lower the heat to 250F (120C) and bake for 20 more minutes
- Turn off the oven and let the biscuits cool inside

Sweet Potato and Carrot Cuties

Ingredients: 1 ½ cup oat flour, ¼ cup shredded cheese, 1 egg, ¼ cup sweet potato puree, 3 Tbsp. olive oil, ¼ cup shredded carrots, ¼ cup water

Directions:

- Preheat oven to 350F (175C)
- Combine all ingredients in a large bowl and mix well
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 40 minutes and then lower the heat to 250F (120C) and bake for another 15 minutes
- Turn off the oven and let the biscuits cool inside



Blueberry Bones Forever

Ingredients: 1 ½ cups oat flour, ⅓ cup plain yogurt, 4 Tbsp. unsalted raw pumpkin seeds, 1 (100% pure) chamomile tea bag, ⅓ cup frozen (or fresh) blueberries, 1 Tbsp. honey

Directions:

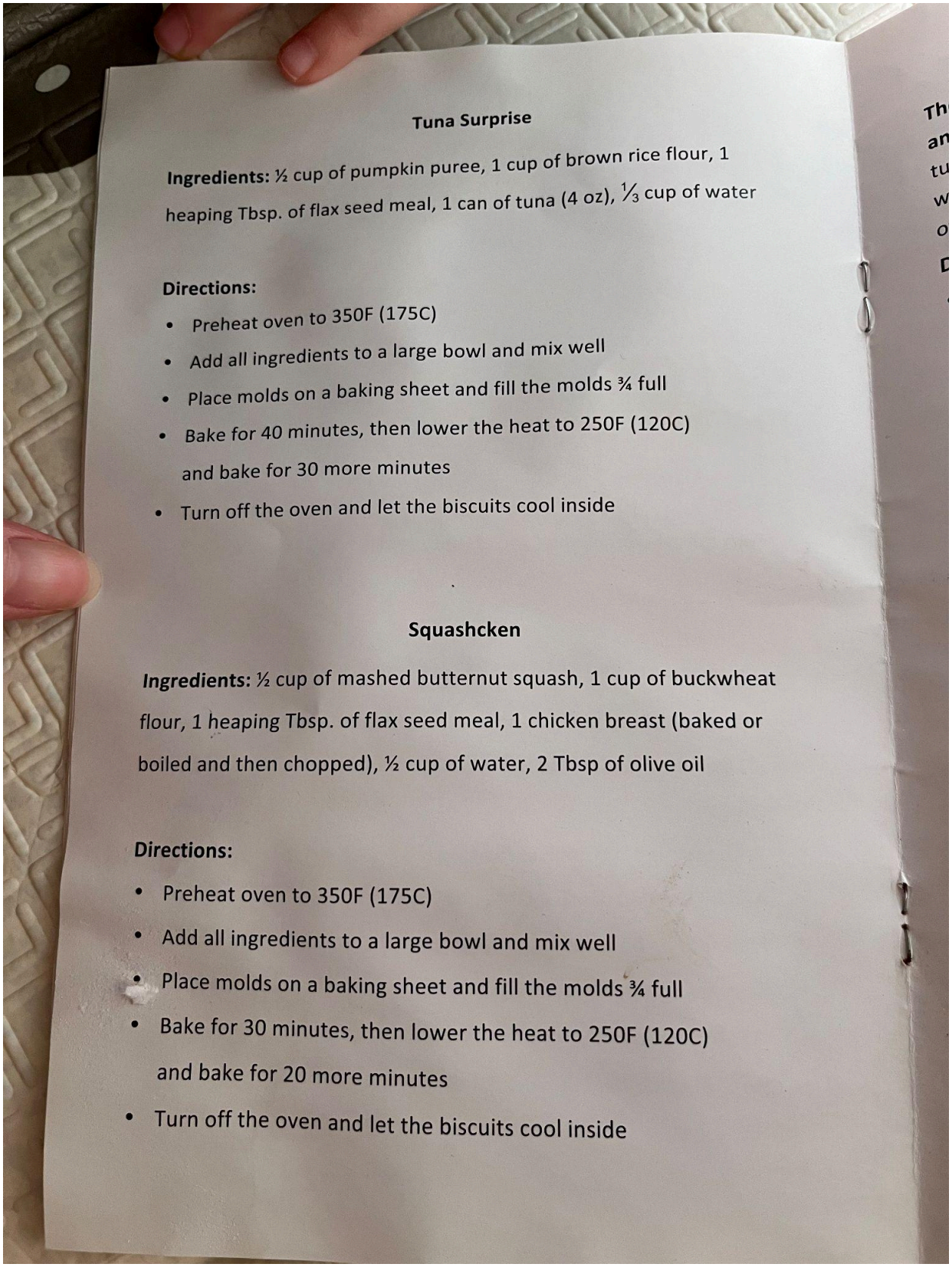
- Preheat oven to 350F (175C)
- Mix dry ingredients in a large bowl
- Add yogurt and honey, mix well. Add water if needed.
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 45 minutes
- Turn off the oven and let the biscuits cool inside

Cheddarlicious Parsley Dog Biscuits

Ingredients: 1 ½ cup buckwheat flour, 1 cup unsweetened almond milk, ½ cup shredded cheddar cheese, 1 tsp. parsley, 2 Tbsp. olive oil

Directions:

- Preheat oven the 350F (175C)
- Add all ingredients to a large bowl and mix well
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 40 minutes at 350F and then lower the heat to 250F (120C) and bake for another 20 minutes
- Turn off the oven and let the biscuits cool inside



Tuna Surprise

Ingredients: ½ cup of pumpkin puree, 1 cup of brown rice flour, 1 heaping Tbsp. of flax seed meal, 1 can of tuna (4 oz), ⅓ cup of water

Directions:

- Preheat oven to 350F (175C)
- Add all ingredients to a large bowl and mix well
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 40 minutes, then lower the heat to 250F (120C) and bake for 30 more minutes
- Turn off the oven and let the biscuits cool inside

Squashcken

Ingredients: ½ cup of mashed butternut squash, 1 cup of buckwheat flour, 1 heaping Tbsp. of flax seed meal, 1 chicken breast (baked or boiled and then chopped), ½ cup of water, 2 Tbsp of olive oil

Directions:

- Preheat oven to 350F (175C)
- Add all ingredients to a large bowl and mix well
- Place molds on a baking sheet and fill the molds ¾ full
- Bake for 30 minutes, then lower the heat to 250F (120C) and bake for 20 more minutes
- Turn off the oven and let the biscuits cool inside

The Boniest of Broths

The ingredients depend on the size of your stockpot or crockpot. For an average 7-quart crockpot you'll need about: 3 lbs of bones (chicken, turkey, beef), 1 tsp of apple (not white) cider vinegar per 1 gallon of water, water – enough to cover the bones by 2 inches. Optional: 1 cup of chopped green beans, spinach, parsley, broccoli, celery, peas.

Directions:

- Put all of the bones in your crock-pot. You can also just use a pot on the stove, but the crock-pot is the simplest way
- Add water – enough to cover the bones by two inches.
- Add apple vinegar (or equal amount of lemon juice). It helps pull all of the minerals and nutrients out of the bones
- Cook in the crockpot for 24 hours. Add water as needed to keep the bones covered. Alternatively, cook the broth on the stove for 24 hours, but do not leave it unattended.
- After 24 hours turn off the heat and add the chopped up veggies. Simply add them to the hot stock and allow to cool. The veggies will preserve all their vitamins and won't get overcooked.
- Once the broth has cooled down, remove the fat residue from the surface, discard all the bones (do not feed them to your dog!), keep the veggies.
- Place your Le Dogue molds onto a tray to prevent spillage.
- Pour the broth (with the veggies) into the molds and place them in the freezer for about 6 hours.
- Once the pupsicles are frozen, pop them out of the molds and into a sandwich bag and put back in the freezer where they will stay fresh for a couple of months.
- Give your pooch one pupsicle a day as a warm weather treat or defrost and add to their meals as food toppers. Our molds are a great way to control the portions and the calorie intake of your dog.

*** Bone broth is a great base for many different frozen treats. If your dog is not a fan of veggies, hiding them inside broth pupsicles is an excellent way to trick the pickiest of eaters.

Freezies

Some dogs love frozen treats, some think they're meh. We get it - tastes differ! However, we put together several frozen treat recipes that have proven to be very popular with most dogs. They can be given as a treat or as a portioned food topper. Frozen treats are great for raw fed pups and can be used in a million of ways. Play with your food and have fun!

Build-A-Freezie

You can make your own frozen treats by choosing from the ingredients that YOUR dog loves the most, just follow these steps below. Make sure that the ingredients go together well so that the pup is not put off by an unusual and non dog-friendly flavor.

1. Choose a liquid base: water, low-sodium bone, chicken or vegetable broth, almond or rice milk, unsweetened plain yogurt, unsweetened pumpkin puree, canned dog food thinned with water, unsweetened fruit puree, coconut water, almond or peanut butters (these will take longer to freeze) etc.
2. Choose their favorite ingredient: berries (chopped if needed), grated carrots, zucchini, chopped apples, bananas, broccoli, blended spinach and parsley, cooked butternut squash and sweet potatoes, sweet peas, green beans, cooked rice, ground cooked or raw (If your dog is following a raw diet) meat.
3. Always put the molds onto a tray or a pan before your pour any liquids in, this will prevent spillage.
4. Put the ingredients into cavities of the molds and pop them in the freezer for several hours until they're fully frozen. Frozen treats are better enjoyed outside as they might get messy, just a heads up!

The Healer

Ingredients: 1 cup of low sodium homemade (see the previous recipe) or store bought bone broth, 1 carrot, peeled and grated, 1 apple, peeled and grated

Directions:

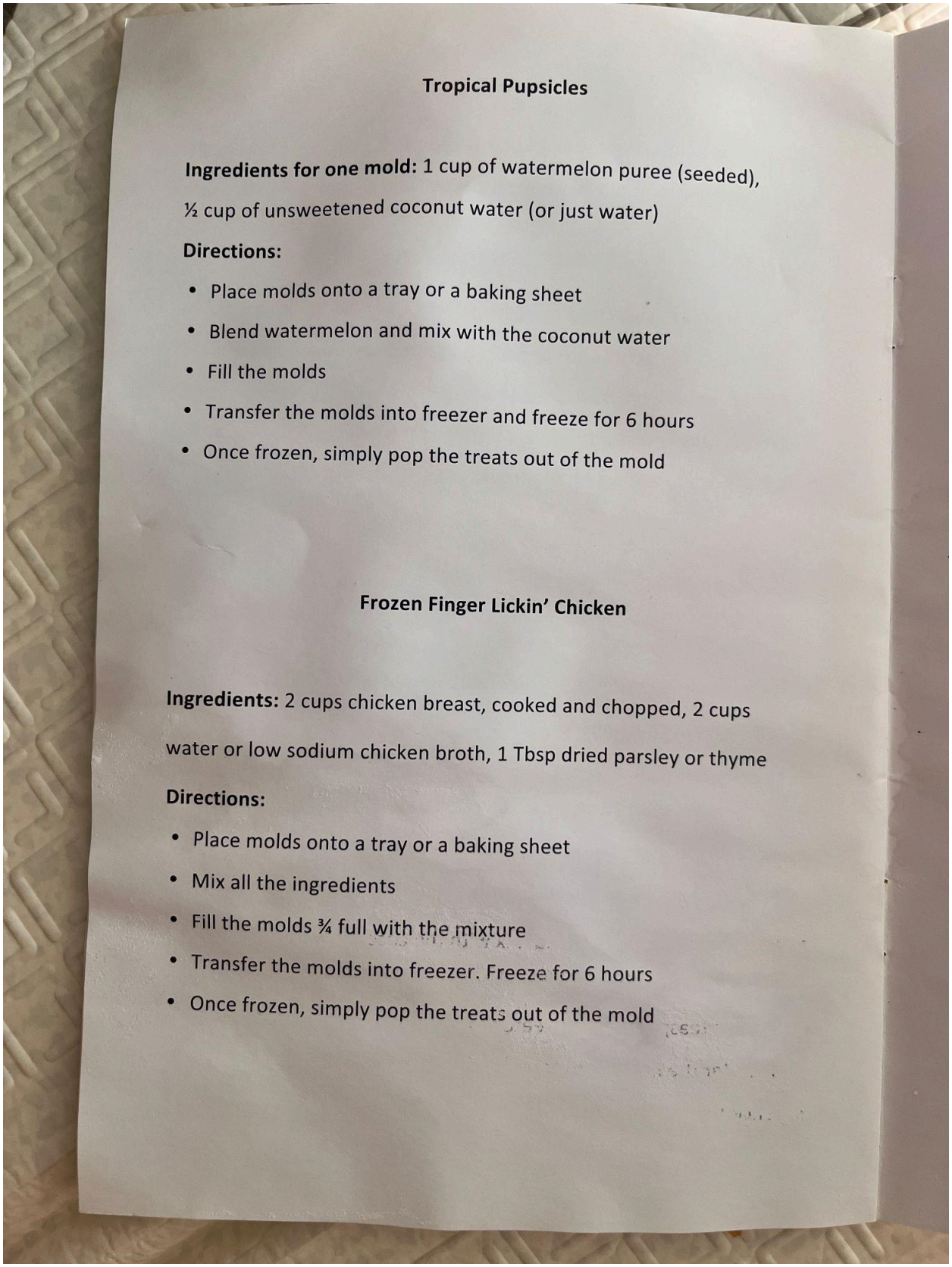
- Place molds onto a tray or a baking sheet
- Fill each cavity ½ full with peeled and grated carrot and apple
- Fill the molds with freshly made broth
- Transfer the molds into freezer. Freeze for 6 hours
- Once frozen, simply pop the treats out of the mold

All My Almonds Frozen Treats

Ingredients: 4 cups yogurt, ½ cup unsweetened almond butter, 1 Tbsp honey, 1 ripe banana, mashed

Directions:

- Place molds onto a tray or a baking sheet
- Place all the ingredients into a blender or a food processor and blend until well mixed
- Fill the molds
- Transfer the molds into freezer. Freeze for 6 hours
- Once frozen, simply pop the treats out of the mold and watch your pup go bonkers!



Tropical Pupsicles

Ingredients for one mold: 1 cup of watermelon puree (seeded), ½ cup of unsweetened coconut water (or just water)

Directions:

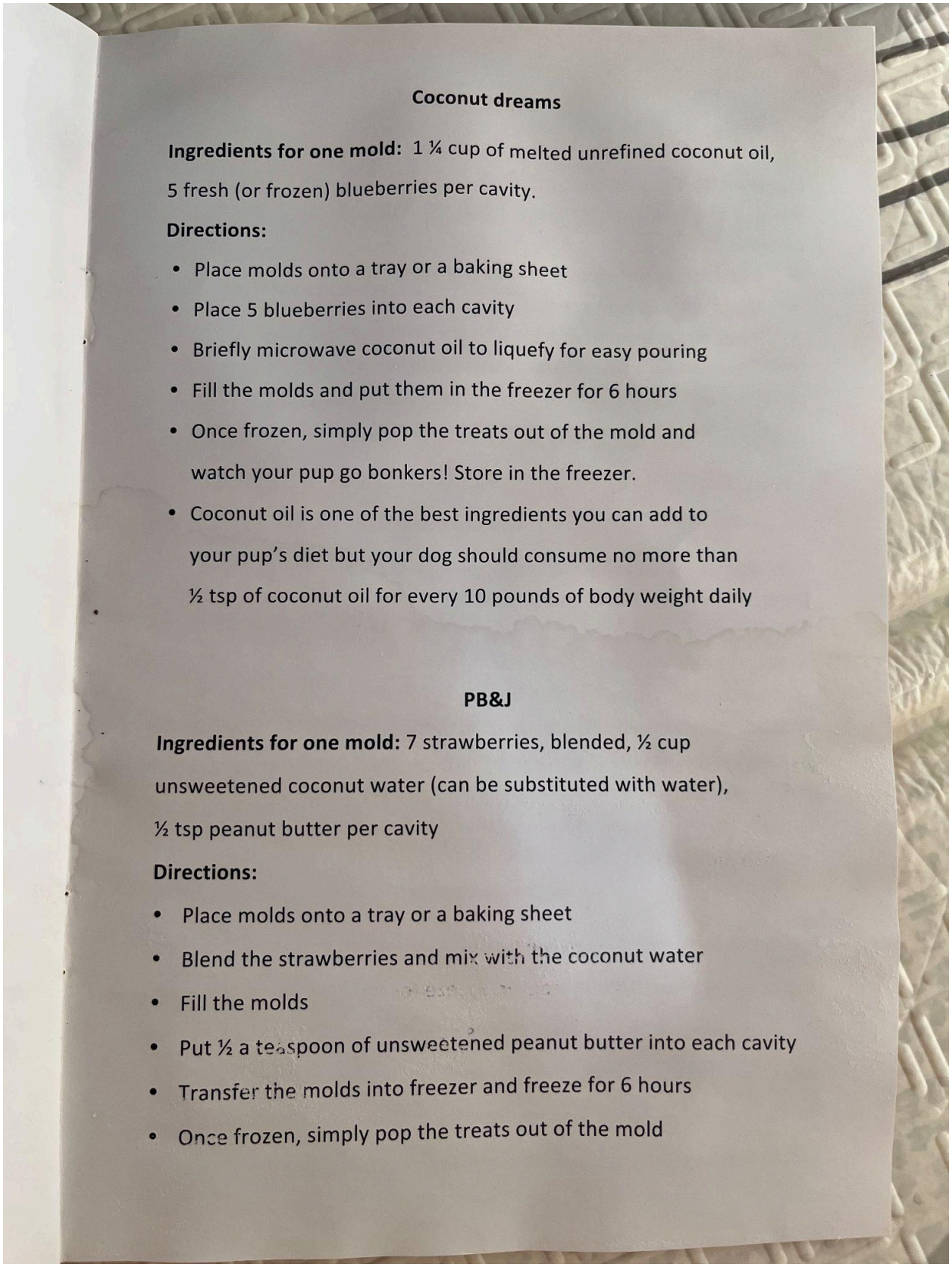
- Place molds onto a tray or a baking sheet
- Blend watermelon and mix with the coconut water
- Fill the molds
- Transfer the molds into freezer and freeze for 6 hours
- Once frozen, simply pop the treats out of the mold

Frozen Finger Lickin' Chicken

Ingredients: 2 cups chicken breast, cooked and chopped, 2 cups water or low sodium chicken broth, 1 Tbsp dried parsley or thyme

Directions:

- Place molds onto a tray or a baking sheet
- Mix all the ingredients
- Fill the molds ¾ full with the mixture
- Transfer the molds into freezer. Freeze for 6 hours
- Once frozen, simply pop the treats out of the mold



Coconut dreams

Ingredients for one mold: 1 ¼ cup of melted unrefined coconut oil, 5 fresh (or frozen) blueberries per cavity.

Directions:

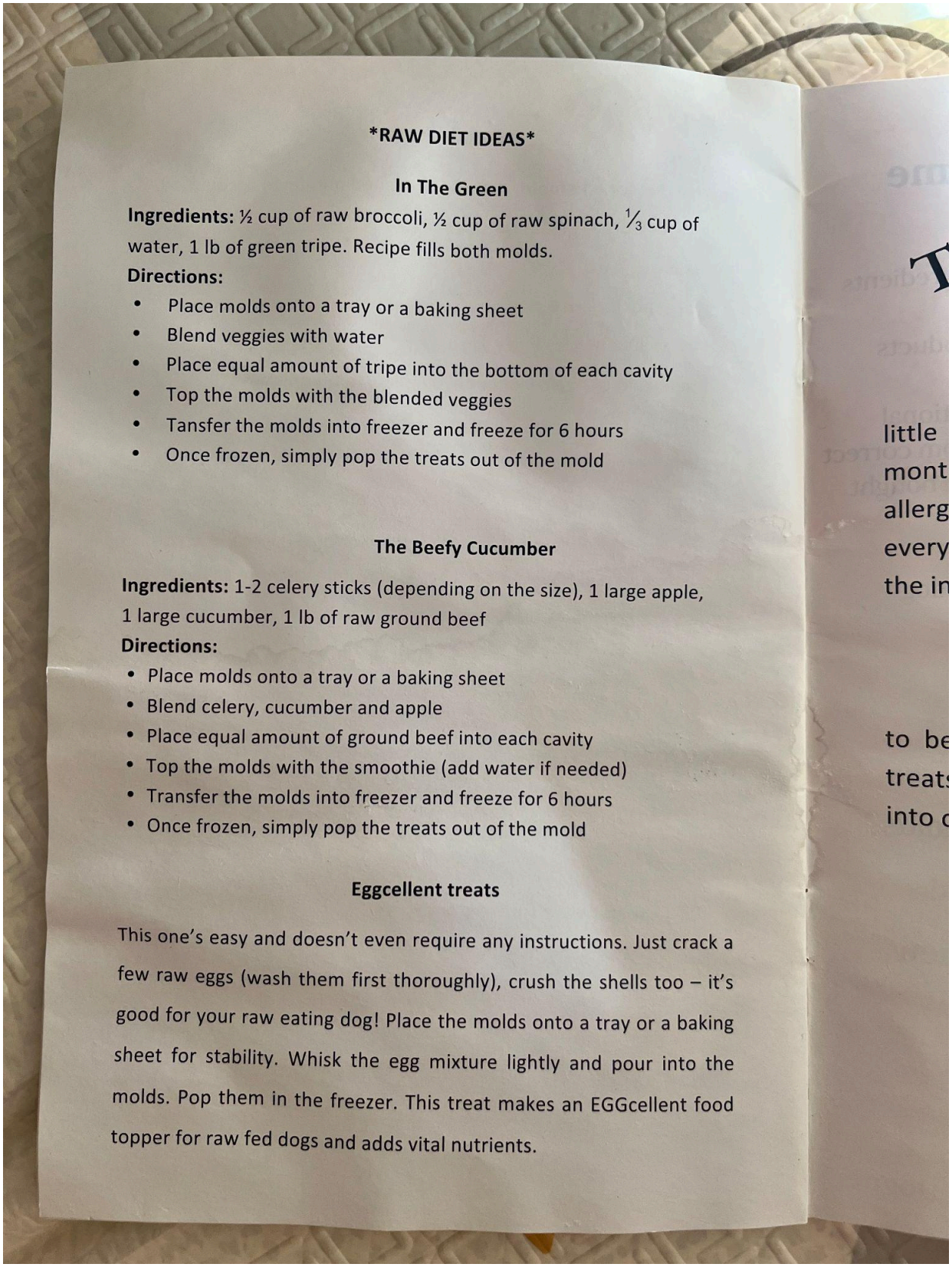
- Place molds onto a tray or a baking sheet
- Place 5 blueberries into each cavity
- Briefly microwave coconut oil to liquefy for easy pouring
- Fill the molds and put them in the freezer for 6 hours
- Once frozen, simply pop the treats out of the mold and watch your pup go bonkers! Store in the freezer.
- Coconut oil is one of the best ingredients you can add to your pup's diet but your dog should consume no more than ½ tsp of coconut oil for every 10 pounds of body weight daily

PB&J

Ingredients for one mold: 7 strawberries, blended, ½ cup unsweetened coconut water (can be substituted with water), ½ tsp peanut butter per cavity

Directions:

- Place molds onto a tray or a baking sheet
- Blend the strawberries and mix with the coconut water
- Fill the molds
- Put ½ a teaspoon of unsweetened peanut butter into each cavity
- Transfer the molds into freezer and freeze for 6 hours
- Once frozen, simply pop the treats out of the mold



RAW DIET IDEAS

In The Green

Ingredients: ½ cup of raw broccoli, ½ cup of raw spinach, ⅓ cup of water, 1 lb of green tripe. Recipe fills both molds.

Directions:

- Place molds onto a tray or a baking sheet
- Blend veggies with water
- Place equal amount of tripe into the bottom of each cavity
- Top the molds with the blended veggies
- Tansfer the molds into freezer and freeze for 6 hours
- Once frozen, simply pop the treats out of the mold

The Beefy Cucumber

Ingredients: 1-2 celery sticks (depending on the size), 1 large apple, 1 large cucumber, 1 lb of raw ground beef

Directions:

- Place molds onto a tray or a baking sheet
- Blend celery, cucumber and apple
- Place equal amount of ground beef into each cavity
- Top the molds with the smoothie (add water if needed)
- Transfer the molds into freezer and freeze for 6 hours
- Once frozen, simply pop the treats out of the mold

Eggcellent treats

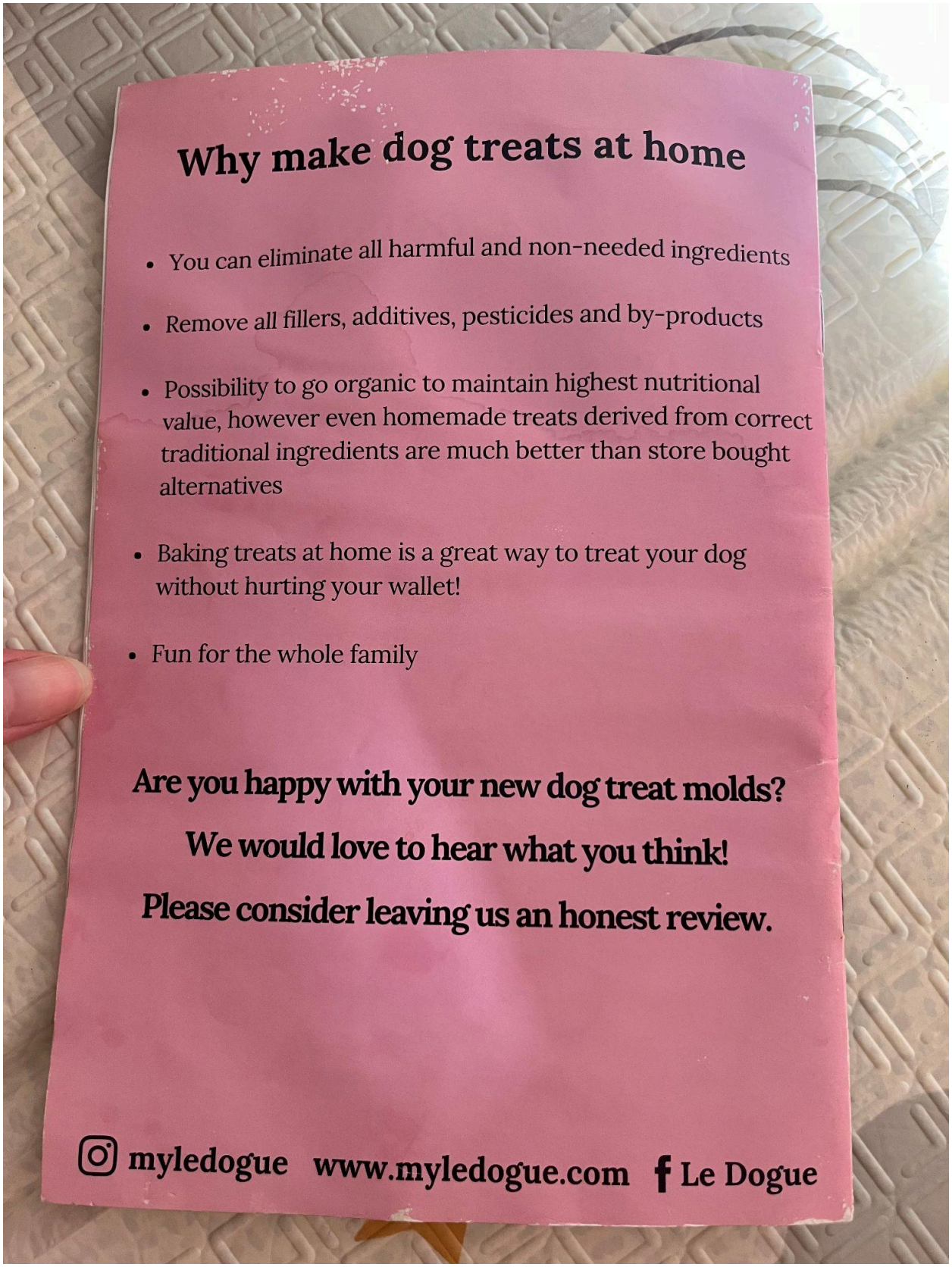
This one's easy and doesn't even require any instructions. Just crack a few raw eggs (wash them first thoroughly), crush the shells too – it's good for your raw eating dog! Place the molds onto a tray or a baking sheet for stability. Whisk the egg mixture lightly and pour into the molds. Pop them in the freezer. This treat makes an EGGcellent food topper for raw fed dogs and adds vital nutrients.

The Le Dogue Story

Le Dogue is a business created out of love for our little rescue dog Nimka! After having her for a few months we realized she had all sorts of food related allergies. That is when we decided to take control over every aspect of her diet and we started researching all the ingredients she really should be eating.

From all this research, our recipes were born!

Each and every recipe we designed was created to be healthy and delicious. Sharing our homemade treats with our pup has brought so much happiness into our home and we hope it does the same for you!


Why make dog treats at home
You can eliminate all harmful and non-needed ingredients
Remove all fillers, additives, pesticides and by-products
Possibility to go organic to maintain highest nutritional value, however even homemade treats derived from correct traditional ingredients are much better than store bought alternatives
Baking treats at home is a great way to treat your dog without hurting your wallet!
Fun for the whole family
Are you happy with your new dog treat molds?
We would love to hear what you think!
Please consider leaving us an honest review.
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